

**100% RAW Powerlifting Federation**  
**2011 Arizona State Powerlifting Championships**  
**Prescott, Arizona - March 26, 2011**

Name	Division	Wgt	Class	Squat				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
<b>Full Power</b>																				
Gary Medevielle	12=13	100	105	35	45	55		35	40	0		95	60	75	77.5		172.5	380.3	1	1.73
Laurel Trail	FM/16-17/open	103	105	60	0	0		37.5	41	43.5		103.5	90	95	100	105	203.5	448.6	1	1.98
C.J. Sanchez	16-17		105									0					0	0		
Rachel Medevielle/open	FM/14-15	123	123	25	30	35	0	20	30	0		65	80	85	87.5		152.5	336.2	1	1.24
Keri Foltin	FM/16-17	123	123	25	0	0		30	32.5	0		57.5	65	85	0		142.5	314.2	1	1.16
Mike Burkeen *	16-17/open	122	123	92.5	102.5	112.5	0	82.5	87.5	92.5	93.5	205	147.5	157.5	166		371	817.9	1,1	3.04
Heather Trail	FM/50-54/open	122	123	35	40	42.5		35	37.5	0		80	75	80	82.5		162.5	358.2	1,1	1.33
Kyle Peach	12=13	132	132	62.5	67.5	70		47.5	0	0		117.5	97.5	102.5	0		220	485	1	1.67
Jordan Bowers	FM12=13	148	148	27.5	35	40		30	35	0		75	75	82.5	92.5		167.5	369.3	1	1.13
Sherri Welch	FM/25-29	137	148	50	0	0		0	45	47.5		97.5	95	105	110		207.5	457.5	1	1.51
Raymond Federwisch	14-15	145	148	105	110	112.5		85	87.5	92.5		205	140	145	150		355	782.6	1	2.45
Tim Lamaster	14-15	146	148	87.5	95	0		65	70	0		165	140	147.5	152.5		317.5	700	2	2.17
Steven Foltin	20-24/open	142	148	157.5	165	172.5		107.5	112.5	0		285	187.5	197.5	0		482.5	1064	1,1	3.40
Jennifer Lyonnais	FM/35-39/open	155	165	62.5	75	82.5		0	70	75		157.5	102.5	110	0		267.5	589.7	1,1	1.73
Nick Grant	20-24	163	165	145	160	0		112.5	120	125		285	215	0	0		500	1102	1	3.07
Sam Shapiro	20-24/open	160	165	145	150	0		110	115	120		270	185	192.5	200		470	1036	2,1	2.94
Eric Haynie	18-19	163	165	0	0	0		0	0	0		0	0	0	0		0	0		0.00
Dan Morgan	45-49/pfm/open	161	165	145	155	160		105	110	0		270	180	192.5	0		462.5	1020	1,2,2	2.87
Zerak Renner	18-19	171	181	115	122.5	132.5		102.5	107.5	0		240	185	0	0		425	937	1	2.49
Aaron Trail	20-24/open	179	181	157	0	0		132.5	137.5	0		294.5	227.5	235	0		529.5	1167	1,1	2.96
John Lara	20-24	180	181	152.5	162.5	172.5		122.5	130	0		302.5	180	197.5	220		522.5	1152	2	2.90
Drew Van Hoorik	20-24/open	178	181	0	152.5	0		0	0	0		152.5	145	150	175		327.5	722	3,3	1.84
Adam Greely	30-34	179	181	157.5	165	170		155	160	0		330	187.5	192.5	0		522.5	1152	1	2.92
Jonathan Jazwinski	30-34	169	181	125	137.5	150		102.5	115	125		275	170	0	192.5		467.5	1031	2	2.77
William Deloney	55-59/open	176	181	132.5	140	142.5		132.2	136	0		278.5	175	185	0		463.5	1022	1,2	2.63
Joe Wiessenburger	75-79/open	175	181	60	62.5	65		65	70	75		140	95	97.5	100	102.5	240	529.1	1,4	1.37
Vlad Kostovski	20-24	196	198	145	0	0		132.5	0	135		280	237.5	250	0		530	1168	1	2.70
Brain Trail	20-24/open	188	198	0	147.5	0		130	0	0		277.5	215	222.5	0		500	1102	2,2	2.66
Jason Hall	25-29	197	198	107.5	117.5	127.5		100	0	0		227.5	152.5	160	182.5		410	903.9	1	2.08
Chris Gallick (CA) *	30-34	198	198	212.5	235	0		150	160	0		395	237.5	260	0		655	1444	1	3.31
Paul Rambeau	30-34	194	198	142.5	162.5	0		110	120	0		282.5	162.5	182.5	202.5		485	1069	2	2.50
Treven Gokey *	35-39	192	198	177.5	0	182.5		157.5	162.5	0		340	240	0	0	1	580	1279	1	3.02

**100% RAW Powerlifting Federation**  
**2011 Arizona State Powerlifting Championships**  
**Prescott, Arizona - March 26, 2011**

Name	Division	Wgt	Class	Squat				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
Andy Dickey	35-39/open	196	198	185	0	190		152.5	162.5	0		352.5	195	210	217.5	2	<b>570</b>	<b>1257</b>	2,1	2.91
Rudy Martinez	45-49	197	198	170	185	197.5		0	150	155		352.5	217.5	237.5	245		<b>597.5</b>	<b>1317</b>	1	3.03
Josh Conner *	25-29	213	220	185	197.5	205		157.5	162.5	0		367.5	227.5	247.5	255		<b>622.5</b>	<b>1372</b>	1	2.92
Grant Richardson	25-29/open	205	220	127.5	147.5	150		95	112.5	115		265	170	185	190		<b>455</b>	<b>1003</b>	2,2	2.22
Eric Tuthill	35-39/open	220	220	175	185	191		152.5	0	0		343.5	220	0	227.5		<b>571</b>	<b>1259</b>	1,1	2.60
David Van Hoorick	20-24	242	242	0	0	165		140	152.5	0		317.5	180	195	220		<b>537.5</b>	<b>1185</b>	1	2.22
Jim Morrow	35-39	231	242	167.5	185	192		0	152.5	160		352	215	230	238.5		<b>590.5</b>	<b>1302</b>	1	2.56
Mike Smith	45-49/pfm/open	235	242	0	0	0		0	0	0		0	0	0			<b>0</b>	<b>0</b>		0.00
Gene Lawrence	70-74	253	275	80	90	100		97.5	100	105		205	147.5	155	162.5	170	<b>367.5</b>	<b>810.2</b>	1	1.45
<b>Push/Pull</b>																				
Mary Medevielle	FM/6=7	56	66	0	0	0		8	10.5	13		13	8	18	20		<b>33</b>	<b>72.75</b>	1	0.59
Chloe Eckard	FM/8=9	50.8	66	0	0	0		13	20	0		20	25	30	32.5		<b>52.5</b>	<b>115.7</b>	1	1.03
David Medeveille	8=9	56	66	0	0	0		20	22.5	0		22.5	20	37.5	42.5		<b>65</b>	<b>143.3</b>	1	1.16
Daniel Medevielle	10=11	85.6	88	0	0	0		25	27.5	30		30	40	45	0		<b>75</b>	<b>165.3</b>	1	0.88
Laurel Trail	FM/16-17/open	103	105	0	0	0		37.5	41	43.5		43.5	90	95	100	105	<b>143.5</b>	<b>316.4</b>	1,1	1.39
Rachel Medevielle	FM/14-15	123	123	0	0	0		20	30	0		30	80	85	87.5		<b>117.5</b>	<b>259</b>	1	0.96
Mike Burkeen *	16-17/open	122	123	0	0	0		82.5	87.5	92.5		92.5	147.5	157.5	166		<b>258.5</b>	<b>569.9</b>	1	2.12
Vin Vaeun (Cambodia)	30-34	119	123	0	0	0		100	102.5	105		105	145	147.5	150		<b>255</b>	<b>562.2</b>	1	2.15
Heather Trail	FM/50-54/open	122	123	0	0	0		35	37.5	0		37.5	75	80	82.5		<b>120</b>	<b>264.6</b>	1,1	0.98
Tim Lamaster	14-15	146	148	0	0	0		65	70	0		70	140	147.5	152.5		<b>222.5</b>	<b>490.5</b>	1	1.52
Tomas A Medevielle	16-17	145	148	0	0	0		80	82.5	0		82.5	125	135	140		<b>222.5</b>	<b>490.5</b>	1	1.53
Sam Shapiro	20-24/open	160	165	0	0	0		110	115	120		120	185	192.5	200		<b>320</b>	<b>705.5</b>	1,1	2.00
Dan Morgan	45-49/pfm/open	161	165	0	0	0		105	110	0		110	180	192.5	0		<b>302.5</b>	<b>666.9</b>	1,1,2	1.88
Jennifer Lyonnais *	FM/35-39/open	155	165	0	0	0		0	70	75		75	102.5	110	0		<b>185</b>	<b>407.9</b>	1	1.19
Lannette Hanna	FM/45-49	158	165	0	0	0		57.5	60	0		105	105	127.5	0		<b>232.5</b>	<b>512.6</b>	1	1.47
Peter Hodan	14-15	181	181	0	0	0		62.5	0	75		75	127.5	142.5	157.5	165	<b>232.5</b>	<b>512.6</b>	1	1.28
Zerak Renner	18-19	171	181	0	0	0		102.5	107.5	0		107.5	185	0	0		<b>292.5</b>	<b>644.8</b>	1	1.71
Rowdy Payne	18-19	179	181	0	0	0		97.5	105	0		105	150	0	0		<b>255</b>	<b>562.2</b>	2	1.42

**100% RAW Powerlifting Federation  
2011 Arizona State Powerlifting Championships  
Prescott, Arizona - March 26, 2011**

Name	Division	Wgt	Class	Squat				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
Aaron Trail	20-24/open	179	181	0	0	0		132.5	137.5	0		137.5	227.5	235	0		<b>372.5</b>	<b>821.2</b>	1,1	2.08
William Deloney	55-59/open	176	181	0	0	0		132.2	136	0		136	175	185	0		<b>321</b>	<b>707.7</b>	1,2	1.82
Joe Wiessenburger	75-79	175	181	0	0	0		65	70	75		75	95	97.5	100	102.5	<b>175</b>	<b>385.8</b>	1	1.00
Mona Zuniga	FM/30-34/open	200	198+	0	0	0		0	55	57.5		57.5	102.5	0	105		<b>162.5</b>	<b>358.2</b>	1,1	0.81
David Barlow	16-17	184	198	0	0	0		0	105	0		105	115	145	160		<b>265</b>	<b>584.2</b>	1	1.44
Brain Trail	20-24/open	188	198	0	0	0		130	0	0		130	215	222.5	0		<b>352.5</b>	<b>777.1</b>	1,1	1.88
James Lokula	45-49	194	198	0	0	0		80	87.5	95		95	115	132.5	0		<b>227.5</b>	<b>501.5</b>	1	1.17
Eric Tuthill	35-39/open	220	220	0	0	0		152.5	0	0		152.5	220	0	227.5		<b>380</b>	<b>837.7</b>	1,1	1.73
Grant Richardson	25-29/open	205	220	0	0	0		95	112.5	105		112.5	170	185	190		<b>302.5</b>	<b>666.9</b>	1,2	1.48
Jeff Dodson (CA)	35-39	210	220	0	0	0		130	137.5	142.5		142.5	150	157.5	167.5		<b>310</b>	<b>683.4</b>	1	1.48
Sammy Graham (CA)	40-44/open	215	220	0	0	0		0	0	0		0	0	0	0		<b>0</b>	<b>0</b>		0.00
Tom P.Medevielle	50-54	207	220	0	0	0		72.5	75	80		80	105	115	120		<b>200</b>	<b>440.9</b>	1	0.97
Mike Smith	45-49/pfm/open	235	242	0	0	0		0	0	0		0	0	0			<b>0</b>	<b>0</b>		0.00
Gene Lawrence	70-74	253	275	0	0	0		97.5	100	105		105	147.5	155	162.5	170	<b>267.5</b>	<b>589.7</b>	1	1.06
Ken McCree	30-34	281	308	0	0	0		195	207.5	0		207.5	202.5	210	222.5		<b>430</b>	<b>948</b>	1	1.53
<b>Bench Only</b>																				
Gary Medevielle	13-Dec	100	105	0	0	0		35	40	0		40	0	0	0		<b>40</b>	<b>88.18</b>	1	0.40
Laurel Trail	FM/16-17/open	103	105	0	0	0		37.5	41	43.5		43.5	0	0	0		<b>43.5</b>	<b>95.9</b>	1,1	0.42
Jen Kelly	FM /40-44/open	131	132	0	0	0		0	60	67.5	72.5	67.5	0	0	0		<b>67.5</b>	<b>148.8</b>	1,1	0.52
Steven Foltin	20-24/open	142	148	0	0	0		107.5	112.5	0		112.5	0	0	0		<b>112.5</b>	<b>248</b>	1,1	0.79
Raymond Federwisch	14-15	145	148	0	0	0		85	87.5	92.5		92.5	0	0	0		<b>92.5</b>	<b>203.9</b>	1	0.64
Cordel Mckeever	14-15	144	148	0	0	0		0	0	55		55	0	0	0		<b>55</b>	<b>121.3</b>	2	0.38
Jennifer Lyonnais	FM/35-39	155	165	0	0	0		0	70	75		75	0	0	0		<b>75</b>	<b>165.3</b>	1	0.48
Sara Gillott	F/55-59, F/Open	154	165	0	0	0		30	35	40		40	0	0	0		<b>40</b>	<b>88.18</b>	1,1	0.26
Paul Tjan (CA)	45-49	160	165	0	0	0		105	115	120		120	0	0	0		<b>120</b>	<b>264.6</b>	1	0.75
Dan Weaver	50-54	162	165	0	0	0		105	110	112.5		112.5	0	0	0		<b>112.5</b>	<b>248</b>	1	0.69
Bob Greene	80+	165	165	0	0	0		20	22.5	25		25	0	0	0		<b>25</b>	<b>55.12</b>	1	0.15

**100% RAW Powerlifting Federation**  
**2011 Arizona State Powerlifting Championships**  
**Prescott, Arizona - March 26, 2011**

Name	Division	Wgt	Class	Squat				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
William Deloney	55-59/open	176	181	0	0	0		132.2	136	0		136	0	0	0		<b>136</b>	<b>299.8</b>	1,1	0.77
Jeff Holeyfield	50-54	180	181	0	0	0		132.5	142.5	0		142.5	0	0	0		<b>142.5</b>	<b>314.2</b>	1	0.79
Joe Wiessenburger	75-79	175	181	0	0	0		65	70	75		75	0	0	0		<b>75</b>	<b>165.3</b>	1	0.43
Mona Zuniga	FM/30-34	200	198+	0	0	0		0	0	55		55	0	0	0		<b>55</b>	<b>121.3</b>	1	0.28
Treven Gokey *	35-39	192	198		0	0		157.5	162.5	0		162.5	0	0	0		<b>162.5</b>	<b>358.2</b>	1	0.85
Andy Dickey	35-39/open	196	198	0	0	0		152.5	162.5	0		162.5	0	0	0		<b>162.5</b>	<b>358.2</b>	2,1	0.83
William Deloney	55-59	184	198	0	0	0		130	135	0		135	0	0	0		<b>135</b>	<b>297.6</b>	1	0.73
Alan Dean Foster	60-64	194	198	0	0	0		107.5	120	130		130	0	0	0		<b>130</b>	<b>286.6</b>	1	0.67
Tom P.Medevielle	50-54	207	220	0	0	0		72.5	75	80		80	0	0	0		<b>80</b>	<b>176.4</b>	1	0.39
Andrew Peterwill	20-24	240	242	0	0	0		0	0	0		0	0	0	0		<b>0</b>	<b>0</b>		0.00
Clint Demoss	40-44	230	242	0	0	0		0	0	0		0	0	0	0		<b>0</b>	<b>0</b>		0.00
Michael Hawkins	55-59	219	242	0	0	0		112.5	0	0		112.5	0	0	0		<b>112.5</b>	<b>248</b>	1	0.51
Ken McCree	30-34	281	308	0	0	0		195	207.5	0		207.5	0	0	0		<b>207.5</b>	<b>457.5</b>	1	0.74
<b>Strict Curl</b>																				
Chloe Eckard	FM/7=8	50.8	66	3	9	13		0	0	0		13	0	0	0		<b>13</b>	<b>28.66</b>	1	0.26
Caitlin Handcock	FM/6=7	56	66	0	0	0		0	0	0		0	0	0	0		<b>0</b>	<b>0</b>	0	0.00
Gary Medevielle	12=13	103	105	17.5	20	0		0	0	0		20	0	0	0		<b>20</b>	<b>44.09</b>	1	0.19
.Laurel Trail	FM/16-17/open	103	105	20	22.5	0		0	0	0		22.5	0	0	0		<b>22.5</b>	<b>49.6</b>	1,1	0.22
Tomas A Medevielle	16-17	145	148	35	37.5	40		0	0	0		40	0	0	0		<b>40</b>	<b>88.18</b>	1	0.28
Sara Gillott	FM/55-59	154	165	17.5	22.5	0		0	0	0		22.5	0	0	0		<b>22.5</b>	<b>49.6</b>	1	0.15
Lannette Hanna	FM45-49	162	165	27.5	30	32.5	0	0	0	0		32.5	0	0	0		<b>32.5</b>	<b>71.65</b>	1	0.20
Dan Morgan	45-49	161	165	0	0	0		0	0	0		0	0	0	0		<b>0</b>	<b>0</b>		0.00
Dan Weaver	50-54	162	165	37.5	42.5	45	0	0	0	0		45	0	0	0		<b>45</b>	<b>99.21</b>	1	0.28
Dean Schlarbaum	65-69	163	165	42.5	0	0		0	0	0		42.5	0	0	0		<b>42.5</b>	<b>93.7</b>	1	0.26
Peter Hodun	14-15	181	181	30	35	40	42.5	0	0	0		40	0	0	0		<b>40</b>	<b>88.18</b>	1	0.22
Chuck Cloud	40-44	179	181	52.5	57.5	0		0	0	0		57.5	0	0	0		<b>57.5</b>	<b>126.8</b>	1	0.32
Joe Wiessenburger	75-79	175	181	27.5	30	32.5	35	0	0	0		32.5	0	0	0		<b>32.5</b>	<b>71.65</b>	1	0.19
Jeff Holeyfield	50-54	180	181	42.5	50	55	0	0	0	0		55	0	0	0		<b>55</b>	<b>121.3</b>	1	0.31

